



Social Media Toolkit

OSHA Campaign to Prevent Heat Illness in Workers

A goal of OSHA's Campaign is to raise awareness of the dangers of working in the heat and the resources available to prevent heat illness. Social media is an important tool in getting this message out to friends, family, coworkers, employees, colleagues and the community-at-large. This toolkit aims to provide sample tweets and posts so you can spread the word. Follow @USDOL on Twitter and Facebook for the latest updates on the Campaign and Occupational Safety and Health and Labor issues, and your local National Weather Service twitter and Facebook account for weather advisories that impact your area.



[@USDOL](#)



[DOL on Facebook](#)

Hashtags to Use/Follow:

#WaterRestShade

#AguaSombraDescansos

#OSHA

Sample tweets:

#Heat can kill. Get free #OSHA educational materials online to learn how #WaterRestShade can save lives.
<http://ow.ly/nTeZ2>

#AguaSombraDescansos-puede salvar la vida de trabajadores en el calor. Visite el sitio de web en español:
1.usa.gov/NwuNzR

New workers need to #acclimate to #heat! Gradually increase workload & provide #WaterRestShade

Keep an eye on fellow workers & know signs of danger when working in extreme #heat <http://www.osha.gov/heat> #WaterRestShade #OSHA

Know the signs of #HeatStroke: Confusion, fainting, seizure, high body temp, hot & dry skin OR heavy sweating.
<http://www.osha.gov/heat> #OSHA

Download the free #OSHA heat app to keep track of the heat index & make sure workers get #WaterRestShade:
<http://ow.ly/mZrx>

Working outside in the #heat today? Make sure you get #WaterRestShade! Learn more at
<http://www.osha.gov/heat> #OSHA

Do u know the heat index? Download our app & protect from heat illness while working this summer
1.usa.gov/rp9htF #WaterRestShade #OSHA

Verifique su nivel de riesgo, esté siempre informado y seguro en el calor con la app de la OSHA 1.usa.gov/10EudGn #AguaSombraDescansos

Sample Facebook Post:

Outdoor workers can be at a higher risk to the effects of excessive #heat. When working under hot conditions, OSHA recommends #WaterRestShade and allowing more frequent breaks for new workers or workers who have been away from the job for a week or more (acclimatization). Knowing symptoms, prevention and emergency response methods can help prevent heat-related illnesses and death. Check weather forecasts ahead of time to be better prepared. <www.osha.gov/heat>